

Shining a Light on Positive Power

During our opening staff gathering in August, our staff talked about “leaving it at the door.” Leaving negativity, rumors, gossip, anger, fear, cynicism, and other behaviors that consume our time, energy, emotion and health, is how we defined as #theCARDINALway. The actions we “shined a light” on were all rooted in the power of positivity.

Speaking of roots, have you ever noticed that a plant near a window will grow in the direction of the sun? By nature, all species, including human beings, seek life-giving energy in the form of light. When we surround ourselves with loving, supportive people who help uplift us and live in the light of positivity, we seldom become exhausted, stressed, frustrated or angry.

Were you aware of some of the physical, mental, and emotional benefits of living a positive lifestyle? Mayo Clinic shares the following:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

If you would like to dive deeper into the power of positivity, please navigate to the link below:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

Living a positive lifestyle can be achieved by taking one baby step at time. In Stan Toler’s *The Power of Positive Words*, he shares, “Throughout the course of time, words of influential people have shaped...who we become as individuals, as a culture, and as a nation. And, with the influence of media and social media, our words carry much greater influence on how words are leveraged, used, and shape our culture ----both positively and negatively.

Likewise, Yehud Berg shared, “Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate, and to humble.” Words, said aloud, echoing in our minds, or posted on social media matter, and we are in charge of how we decide to use them. As a district, community, state, and nation, choosing our words wisely can change the tide. Choosing our words for betterment is always a step toward the light.

Words shape more than our reality; they shape the reality of others. And, words said at the right time (and with the right facts) have been stated by wise men (women) across time. For instance, maybe you have heard, “There is a time for everything, and season for every activity under the heavens: a time to be born and a time to die...a time to be silent and a time to speak.”

Tomorrow marks the date of elections. In particular, the Clarinda Community School District election. Through their words (and actions), board members shape the reality our students’ lives each day. There is a time for everything, and tomorrow is the time to vote. Please, consider the power of positivity and seeing a future that shines a light that can uplift and bring our community together. Your vote is your voice, and I encourage you to exercise your right to vote.

Today, my light is shining on one of my favorite quotes, “Our lives begin to end the day we become silent about things that matter. In the end, we will remember not the words of our enemies but the silence of our friends.” Paying attention to the words of leaders such as Martin Luther King, Jr. has been a way for me to collect the good in others and do my best to live my life with their words in mind and heart.

Enjoy the day! ~ Chris